



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09379, Plums, canned, heavy syrup, drained

Report Date: June 30, 2017 23:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, with pits, yields 183g
Proximates					
Water	g	76.06	--	--	139.19
Energy	kcal	89	--	--	163
Energy	kJ	374	--	--	684
Protein	g	0.44	--	--	0.81
Total lipid (fat)	g	0.14	--	--	0.26
Ash	g	0.25	--	--	0.46
Carbohydrate, by difference	g	23.12	--	--	42.31
Fiber, total dietary	g	1.5	--	--	2.7
Sugars, total	g	21.58	--	--	39.49
Minerals					
Calcium, Ca	mg	10	--	--	18
Iron, Fe	mg	0.84	--	--	1.54
Magnesium, Mg	mg	5	--	--	9
Phosphorus, P	mg	15	--	--	27
Potassium, K	mg	93	--	--	170
Sodium, Na	mg	19	--	--	35
Zinc, Zn	mg	0.07	--	--	0.13
Copper, Cu	mg	0.046	--	--	0.084
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.7
Thiamin	mg	0.017	--	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, with pits, yields 183g
Riboflavin	mg	0.041	--	--	0.075
Niacin	mg	0.291	--	--	0.533
Vitamin B-6	mg	0.028	--	--	0.051
Folate, total	µg	3	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	5
Folate, DFE	µg	3	--	--	5
Choline, total	mg	0.8	--	--	1.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	20	--	--	37
Retinol	µg	0	--	--	0
Carotene, beta	µg	219	--	--	401
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	40	--	--	73
Vitamin A, IU	IU	399	--	--	730
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	73	--	--	134
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.48
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	6.4	--	--	11.7
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.020
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.010	--	--	0.018
18:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, with pits, yields 183g
Fatty acids, total monounsaturated	g	0.090	--	--	0.165
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.089	--	--	0.163
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.055
18:2 undifferentiated	g	0.030	--	--	0.055
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0